

### **ABSTRACT OF THE DISCLOSURE**

An aluminum alloy plate to be subjected to a bake coating contains silicon (Si) and magnesium (Mg) with the balance being aluminum (Al) and inevitable impurities. In order to set the content of  $\text{Mg}_2\text{Si}$  in a range of 0.50 % by weight  $\leq \text{Mg}_2\text{Si} \leq 1.00$  % by weight, when the Si content by weight percent is taken on an x-axis of rectangular coordinates and the Mg content by weight percent is taken on a y-axis of the rectangular coordinates, the Si and Mg contents are set in a region in a diagram formed by sequentially connecting a point A (0.18, 0.31), a point B (1.3, 0.31), a point C (1.3, 0.64), a point D (0.37, 0.64), a point E (0.37, 1.0), a point F (0.18, 1.0) and the point A (0.18, 0.31). Thus, a bake-hard effect can be obtained, and the aluminum alloy plate can be produced at a relatively low manufacturing cost.

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